

Kids Wellness Camp 2015
July 23-24, 2015

PLEASE EAT A HEALTHY BREAKFAST BEFORE COMING TO CAMP.
Water, limited snacks and lunch will be provided both days.

July 23 THURSDAY MORNING – Kids ages 3-7

THURSDAY AFTERNOON – “Tweens” ages 8-12

JULY 24 FRIDAY ALL DAY – Teens and young adults ages 13 and over

Please call Marisa at 643-8336 to request transport.

THURSDAY MORNING – KIDS 3-7 9:00 AM – 12:30 WITH LUNCH

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| 8:30 A.M. | <u>PICK UP KIDS THAT NEED A RIDE AGES 3-7</u> |
| 9:00 A.M. | Mommy and Me Zumba with Autumn Jacobsen |
| 9:30 | Education Activity with Mandy |
| 9:45 | Tobacco Prevention Activity with Autumn |
| 10:00 | Alcohol Prevention & Fitness Activity with Josue & Penny |
| 11:00 | Craft with Marisa |
| NOON | <u>LUNCH FOR KIDS AND TWEENS</u> |
| 12:30 | <u>TRANSPORT HOME FOR KIDS THAT NEED RIDES</u> |

THURSDAY AFTERNOON – TWEENS AGES 8-12

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| 11:00 - NOON | <u>PICK UP KIDS THAT NEED A RIDE AGES 8-12</u> |
| NOON | <u>LUNCH FOR KIDS AND TWEENS</u> |
| 1:00 | Education Activity with Mandy |
| 1:20 | Zumba / Dance activity with Autumn Jacobsen |
| 2:00 | Tobacco Prevention Activity with Autumn |
| 2:20 | Alcohol Prevention & Fitness Activity with Josue & Penny |
| 3:30 | Craft with Marisa |
| 4:30 | <u>TRANSPORT HOME BEGINS</u> |

FRIDAY ALL DAY – TEENS AND YOUNG ADULTS AGES 13 AND OVER

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| 8:30 A.M. | <u>PICK UP KIDS THAT NEED A RIDE AGES 13 AND OVER</u> |
| 9:00 A.M. | Zumba / Hip Hop Dance Activity with Autumn Jacobsen |
| 9:45 | Education Activity with Mandy |
| 10:15 | Tobacco Prevention Activity with Autumn |
| 10:45 | Alcohol Prevention & Fitness Activity with Josue |
| 11:30 | Craft with Marisa |
| 12:15 | <u>LUNCH</u> |
| 1:00 | Volleyball Camp with Meg and friends |
| 3:00 | Tournament Play |
| 5:00 | <u>TRANSPORT HOME BEGINS</u> |